

HEAT WAVE: TAKE IT SERIOUSLY

Hot weather makes our bodies work harder--just to get rid of the heat! People with heart or lung problems should "cool it" on any hot day. When two very hot days are joined with hot nights and high humidity, we have a dangerous heat wave that could hurt a lot of people.

PEOPLE AT HIGHER RISK OF HEAT-RELATED ILLNESS

- Older adults
- Chronic heart or lung problems
- Infants and young children
- Overweight and obese people
- People with disabilities
- Those who work outdoors or in hot settings
- Users of some medications: especially some drugs for mental disorders, movement disorders, allergies, depression and heart or circulatory problems
- Isolated individuals who won't know when or how to cool off or call for help

BEAT THE HEAT THIS WAY!

- **NEVER LEAVE CHILDREN, DISABLED PEOPLE, OR PETS IN A CAR -- EVEN BRIEFLY!** Temperatures in a car can become life-threatening within minutes, even if car windows are left cracked open.
- **Keep your living space cool!** Cover windows to keep direct sun out. If you don't have an air conditioner, open windows to let air circulate. When it is hotter than 95 °F, use fans to blow the air out of the window, rather than to blow hot air onto your body. Basements or ground floors are often cooler than upper floors.
- **Slow Down!** Limit physical activity. Plan any outings or exertion for the coolest parts of the day (early morning or after dark).
- **Drink plenty! Eat lightly!** Your body needs plenty of water or juice (but avoid alcohol or caffeine). Don't wait for thirst--drink frequently throughout the day. Avoid hot or heavy meals.
- **Infants** should drink breast milk or formula to get the correct balance of water, salts and energy. Don't dilute formula beyond what the instructions say unless instructed by your doctor. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day.
- **Wear** lightweight, loose-fitting and light colored clothes, and add a hat or umbrella to keep your head cool. Don't forget the sunscreen!
- **Easy ways to cool off include:** a cool (not cold) bath or shower (works faster than an air conditioner!); a trip to an air conditioned lobby or the basement; or cold wet rags applied to neck, head and limbs.
- **Don't stop medicines unless your doctor says so!** Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.

Wisconsin's Heat Awareness

GET COOL OR GET HELP NOW IF YOU FEEL:

Dizziness Headache Muscle Cramps Weakness Nausea or Vomiting

CALL 911 FOR THESE SYMPTOMS:

Hot, dry skin Confusion Unconscious Chest Pains Shortness of Breath